

A group of soccer coaches and players posing in front of a goal. The group consists of four adults (two men and two women) and approximately 15 young players. The players are wearing blue and yellow soccer uniforms. The adults are wearing blue polo shirts. They are all smiling and posing in front of a white soccer goal with a net. The background is a grassy field with trees in the distance. The entire image has a blue tint.

LUSC Coaches Meeting

Spring 2021 Season
3rd-8th In-Town and Travel Programs
March 23, 2021



Welcome to the Spring 2021 Season!

- Thank You!
- Volunteer Support
- Our Mission

Developing lifelong soccer players among Lexington youth



Agenda – 3rd-8th Grade Programs

Time	Topic	Presenter
7:30 – 7:40	Welcome to the Spring 2021 Soccer Season!	John Andrews, President
7:40 – 7:45	Registrar Update – MYSA Registrations, Rosters	Mary Trometer, Registrar
7:45 – 7:50	Field Update	Tim Clackson, VP Logistics
7:50 – 7:55	Schedule Update	Tim Clackson (for Kerren Swinger)
7:55 – 8:00	Equipment Update	Suzanne Lau, Equipment Coordinator
8:00 – 8:05	Goals Update	Lutz Bendlin, Goals Coordinator
8:05 – 8:10	Referee Update	Christianne Mager, Referee Coordinator
8:10 – 8:25	COVID Update and Safety Protocols	Stacey Hamilton, COVID Safety Officer
8:25 – 9:00	Travel Program – Baseline to Better	Brendan Donahue, Director of Coaching



Your Support Network – LUSC Board

LUSC BOARD MEMBERS		
President	John Andrews	president@lexingtonunited.org
VP Programs	Matt Keis	mkeis@gemini-investors.com
VP Marketing	Kathryn Ready	kathrynwil26@hotmail.com
VP Logistics	Tim Clackson	timclackson65@gmail.com
VP Registration	Dave Parsons	vp-registration@lexingtonunited.org
Treasurer	Patrick Farrell	treasurer@lexingtonunited.org
Clerk	Julie Callahan	callahanseven@gmail.com
Past President/Covid Safety Officer	Stacey Hamilton	staceyhamilton@earthlink.net
General Members	Cameron Moody	Cameron_stuver_moody@yahoo.com
	Joe Seidel	seidelj@gmail.com
	Phil Porter	philip@porterbuild.com
	Jen Cunliffe	jencunliffe@gmail.com
	Jon Trementozi	Trementozi@yahoo.com
	Surya Singh	suryacsingh@gmail.com



Your Support Network – Division Directors

K-2 DIVISION DIRECTORS		
Boys Grade 3	Dave Parsons	dave.parsons@gmail.com
Boys Grade 4	Sam Agresta	svja1072@gmail.com
Boys Grade 5	Mike Cramer	mvccramer@gmail.com
Boys Grade 6	Dan Alves	dalves11@yahoo.com
Boys Grades 7 and 8	Cameron Moody Will Thompson	Cameron_stuver_moody@yahoo.com wthompson@meeb.com
Girls Grade 3	Marisa Kearney	marisa_kearney@yahoo.com
Girls Grade 4	Lizbie Porter	lizbie20@yahoo.com
Girls Grade 5	Andrew Kvaal	andrew.kvaal@gmail.com
Girls Grade 6	George Arnold	georgeparnold@outlook.com
Girls Grade 7 and 8	Stacey Hamilton Giuseppe Barbesino	staceyhamilton@earthlink.net gbarbesino@gmail.com



MYSA Registration Information

All Coaches need a MYSA Credential

- Register with MYSA at the [U.S. Soccer Connect Adult Registration Portal](#) (this is a yearly event) and upload a current headshot (Color photo, Clear, not too dark, No hat or sunglasses and only includes the registered adult in the photo)
- Have a CORI and national background checks (if you need this it will be during the MYSA registration process)
- Complete the SafeSport initial course (90 minutes) if new or a refresher course if you have already completed the initial course (this is a 30-minute course that must be taken yearly)
- Complete the Concussion course or upload a current certificate (this certificate is good for two years, but it has to be good until the end of July 2021 or you will need to retake)



MYSA Registration Information

Team Covid Coordinators need to:

- Register with MYSA at [U.S. Soccer Connect Adult Registration Portal](#) (this is a yearly event) and upload a current headshot (Color photo, Clear, not too dark, No hat or sunglasses and only includes the registered adult in the photo)
- Have a CORI and national background checks - this includes getting the CORI “verified” by meeting with the registrar with an ID and the CORI papers (No Credential is given)

The link to each required training is in your “My Account” adult registration under the “Certificates” tab



Field Update

- Fields this season:
 - Turf : three at Lincoln, one at Center
 - Grass: Clarke, Diamond, Harrington, Muzzey, Estabrook and Adams (Waldorf)
- Some fields have goals and lines for small field games
- Lights at Lincoln 2 and Center will come on automatically





BAYS Game Schedule

- Schedule now on BAYS website is NOT FINAL – will be adjusted to conform to LUSC's permit
- Email will be sent when home schedule is final (next few days)
- Season includes games on Memorial Day – reschedule if needed



BAYS - Schedule By Placement

Schedule for Spring 2019 Boys 8 1/A

Game #	Game Time	Home Team	Score	Away Team
3661	4/6/19 2:00pm	Needham Force	-	Winchester Galaxy
3662	4/6/19 2:15pm	Natick United	-	Framingham Flyers
3663	4/6/19 4:30pm	Lexington Revolution	-	Arlington Aces
3664	4/13/19 3:00pm	Winchester Galaxy	-	Natick United
3666	4/13/19 3:00pm	Arlington Aces	-	Needham Force
3665	4/13/19 4:00pm	Framingham Flyers	-	Lexington Revolution



Field Status and Weather

- Check the LUSC homepage!
 - Weekdays – updated by 2pm
 - Weekends – updated by 7am after field check
- Homepage is the main form of communicating field status
- Field issues? Email/text Tim Clackson

FIELDS CLOSED FOR THE SEASON	
ADAMS	CLOSED
CENTER TRACK	CLOSED
CLARKE	CLOSED
DIAMOND	CLOSED
ESTABROOK	CLOSED
FRANKLIN	CLOSED
HARRINGTON 1	CLOSED
HARRINGTON 2	CLOSED
LINCOLN 1, 2, 3	CLOSED
MUZZEY	CLOSED



Schedule Update

A screenshot of the Lexington United Soccer Club website. The header is dark blue with the club logo, name, and navigation links. The main content area is white. On the left, under the "Schedules" heading, three links are listed: "Fall 2018 Saturday Schedule", "Fall 2018 Sunday Schedule", and "Fall 2018 Late Season Weekday Schedule 10/9-11/9". These links are circled in orange. Below them is a contact email. On the right, a sidebar menu shows "SCHEDULES" with sub-links "> SCHEDULES", "RAINOUTS & RESCHEDULES" (circled in orange), and "REFEREE SCHEDULES". At the bottom, there is a section for "BAYS Travel Schedules" with a link to a list of travel teams.

Lexington United Soccer Club

Developing lifelong soccer players among Lexington youth

Search this website

SHOP LUSC

ABOUT LUSC PROGRAMS CLUB SCHEDULES FIELDS COACHES

Schedules

[Fall 2018 Saturday Schedule](#)

[Fall 2018 Sunday Schedule](#)

[Fall 2018 Late Season Weekday Schedule 10/9-11/9](#)

Questions? Contact: schedules@lexingtonunited.org.

BAYS Travel Schedules

A list of all the LUSC travel teams, their current records, and the home schedule week-by-week can be found [here](#). Please report any schedule errors to Tim Clackson.

SCHEDULES

> SCHEDULES

[RAINOUTS & RESCHEDULES](#)

[REFEREE SCHEDULES](#)

- Practice schedule is in progress
- Season starts week of 4/10
- First team practices week of 4/5



Schedule Update

FALL 2018 LATE SEASON WEEKDAY SCHEDULE 10/9-11/9														
KEY: Gray box means NOT available Red letters: exceptions or make-up games Blue letters: Evaluations Green letters: pro-sessions Purple letters: HS & LPDA			SUNSET TIMES: 10/6: 6:14 PM 10/15: 6:03 PM 10/22: 5:52 PM 10/29: 5:42 PM 11/5: 4:33 PM			Director: Brendan Donahue: 617-529-9965 bdonahue@lexingtonunited.org (BD) Assistant Director: Tom Heimreid: 857-301-0190 tom.heimreid@gmail.com (TH)			Pro-Coaches: Thomas Ballenthin: 978-944-5243 tball@yaho.com (TB) Miguel Chavez: 781-353-8075 miguelbarce@hotmail.com (MC) Emily Morse: 781-354-9134 empem52@gmail.com (EM)					
Field	Adams	Center (Track)	Clarke	Diamond	Estabrook	Franklin	Harrington 1	Harrington 2	Lincoln 1	Lincoln 2	Lincoln 3	Marvin	Muzzey	LCA
Field lining	2 7v7 fields or 1 11v11 field	2 7v7 fields or 1 11v11 field	2 9v9 fields or 1 11v11 field	many small fields	1 9v9 field		1 9v9 field	1 9v9 field	2 7v7 fields or 1 11v11 field	2 9v9 fields or 1 11v11 field	1 11v11 field		1 7v7 field	
Mondays	4:00-4:30													
	4:30-5:00													
	5:00-5:30													
	5:30-6:00	N/A: 10/15							G4 (GU10) Pro: MC In-town G3/3 (GU9/10) Pro: EM	B4 (BU10) Pro: TH, BD 11/12: G8 Wu make up game (was 10/27)	B3 (BU9/10) Pro: TB			
	6:00-6:30								G4 (GU10) Pro: MC G3 (GU9/10) Pro: EM	B4 (BU10) Pro: TH, BD 11/12: G8 Wu make up game (was 10/27)	B3 (BU9/10) Pro: TB			
	6:30-7:00								G4 (GU10) Pro: MC G3 (GU9/10) Pro: EM	B4 (BU10) Pro: TH, BD 11/12: G8 Wu make up game (was 10/27)	B3 (BU9/10) Pro: TB			
	7:00-7:30								G5 Viana G6 Larson B8 Claesson	B5 (BU11) Pro: TH, MC	B8 Tibbets B8 Balagurusamy B8 Nazzeri B8 Murphy			
									G5 Viana		B8 Tibbets RR			

- Gray box means NOT available
- Note exceptions in red; check weekly for updates to exceptions
- If another team needs to join you on a field, please make space for them—practice field changes need to be approved in advance



Schedule Update – Covid Rules Impact

- One half field can accommodate 25 players
- This limits how many teams can practice per half field:
 - Two 7x7 teams
 - One 7x7 and one 9x9 team
 - One 11x11 team
- Practice space will be tight!
- Practices will need to finish early (10-15 mins) if another practice follows – to provide time buffer



Schedule Update – Cancellations

- Consult the Reschedules page on the LUSC website for details
- Home coach has the responsibility to notify scheduler about cancellation, even if away coach requested the cancellation
 - If game isn't properly cancelled, refs will show up and field slot will be wasted
- Cancel as soon as you know you can't play the game
- To cancel:
 - Go to Reschedules page, click on link to cancel and fill in requested info
 - You will get an email from BAYS confirming the cancellation
- To reschedule:
 - Check available fields/times on LUSC website
 - Confer with other team coach to agree to options
 - Email field scheduler (schedules@lexingtonunited.org) to request times
 - Weekend reschedules strongly preferred due to field permit issues, ref availability, away team travel complications
 - Submit reschedule request in advance—at least 3 days



Schedule Update

SATURDAY PROGRAMS & MAKE-UP GAMES - FALL 2018 (If you find a discrepancy between the BAYS Schedule and this schedule, please email: schedules@lexingtonunited.org)										
KEY: Gray box means NOT available Red letters: exceptions or make-up games/game changes Purple letters: HS & LPDA games										
Field sizes	2 7v7 fields or 1 11v11 field	2 7v7 fields or 1 11v11 field	2 9v9 fields or 1 11v11 field	1 11v11 field	2 7v7 fields or 1 11v11 field	2 9v9 fields or 1 11v11 field	1 9v9 field	Multiple small fields	1 9v9 field	1 7v7 field
Week 1 9/8	Adams	Lincoln 1	Lincoln 2	Lincoln 3	Center Track	Clarke	Estabrook	Diamond	Harrington	Muzzey
09:00 - 10:30		G3/4 Girls In-town	G6 Kvaal	G8 Murphy	B3/4 Boys In-town			B2 and G2 (All U6) 8:30 - 10:00 BK (Boys U6) 8:45 - 10:00		
10:30 - 12:00		G3/4 Girls In-town (half-field) G4 Falk	G5 White G5 Melchert	G8 Evron	B3/4 Boys In-town			B1 and G1 (All U7) 10:30 - 12:00 GK (Girls U6) 10:45 - 12:00		
12:00 - 01:30	G4 Ready canceled (new date TBD); field will be used for G4 Ready practice	G4 OrNSTein B4 Raiche	B5 Ashton B5 Reilly	G8 Piantedosi	B3/4 Boys In-town			TOPS 12:30- 2 PM		
01:30 - 03:00		B4 Kingsbury B4 Cautela	B5 Pirio B5 Baharloo	B8 Arakelian				TOPS until 2 PM		
03:00 - 04:30		B8 Keis	B6 Martinez B6 Moody(Shadows)	B8 Porter						
04:30 - 06:00		B8 Claesson	B6 Moody(Phoenix) B6 Gauld							
06:00 - 07:30										
Week 2 9/15	Adams	Lincoln 1	Lincoln 2	Lincoln 3	Center Track	Clarke	Estabrook	Diamond	Harrington	Muzzey
09:00 - 10:30	G3/4 Girls In-town	LHS	LHS	G8 Wu	B3/4 Boys In-town		G6 Larson	B2 and G2 (All U6) 8:30 - 10:00 BK (Boys U6) 8:45 - 10:00		
10:30 - 12:00	G3/4 Girls In-town (half-field) G4 Khetan	LHS	LHS	G8 Crane	B3/4 Boys In-town		G6 Sturiale	B1 and G1 (All U7) 10:30 - 12:00 GK (Girls U6) 10:45 - 12:00		
12:00 - 01:30		B4 Canes G4 Callahan	G6 Hamilton G5 Viana	B8 Balagurusamy	B3/4 Boys In-town			TOPS 12:30 - 2:00 PM		
01:30 - 03:00	B4 Bausermer	B4 Lynch B4 Alves	B5 Mandellia B5 Thompson	B8 Tibbets				TOPS until 2 PM		
03:00 - 04:30		B8 Lloyd	B6 Goodell B5 Singh	B8 Nazeeri						

For immediate concerns with the schedule or your field during practice time or games, you can text Kerren@847-942-7624



Equipment Update

- General
 1. Pinnies will not be used (please remove from bags and keep for later)
 2. Goal Keeper gloves may be requested (Coach manages sharing/cleaning)
 3. Equipment bag and contents to be handled by coach only
 4. No equipment available from Diamond trailer (access by staff only)
 5. No LUSC team store
- Equipment bags
 1. Coaches keep equipment bag at the end of the season or pass on to the DD if they will no longer be coaching (DD pass to new team or head coach)
 2. Unused equipment will be re-used or recycled (drop off at 18 Phinney Rd)



Equipment Update

- DD's to distribute initial equipment and team/coach requests for the season:
 1. Game balls
 2. Travel uniform kits/T-shirts sets for in-town G3/4
 3. Coaching manuals (new coaches)
 4. New equipment bags (requested by DD for new coaches)
 5. Ice packs, alcohol-based sanitizer
 6. Equipment requests before the pick up date for any items listed below
- Email requests during the season – be specific, confirmation email for pick up from Suzanne (18 Phinney Rd) OR Tricon store:
 1. Coach T-shirt (size S , M, L, XL, 2XL, 3XL) – specify size
 2. Ball pump and/or needles
 3. Medical kit, ice packs, GK gloves, cones
 4. Replacement game ball
 5. COVID supplies (sanitizer, cleaner, extra face masks, protective glasses, paper towel etc.)



Goals Update

- See something
- Say something



goals@lexingtonunited.org



Referee Update

- Referees are an important part of the program
NO referee = NO game
- **Treat the referee with respect**
Please understand that our referees are NOT professional referees and can only improve with practice.
- No. 1 reason why kids quit refereeing = Coaches & Parent behavior.
If you would like confident 17/18-year-old referees, you must treat them well when they are 14 years old, so they are embracing and continue doing this job ...

Christianne Mager, Ref-Assignor@LexingtonUnited.org or (617) 642-0393



Referee Update

- **BAYS Zero Tolerance Policy**

All individuals responsible for a team and all spectators shall support the referee. Failure to do so will undermine the referee's authority and has the potential of creating a hostile environment for the players, the referee, and all the other participants and spectators.

1. **No one, except the players, is to speak to the referee during or after the game.**
Exceptions: Coaches may ask questions before the game, call for substitutions and point out emergencies during the game, or respond to the referee if addressed.
2. Absolutely no disputing calls, during or after the game, no remarks to the referee to watch certain players or attend to rough play. **NO YELLING at the referee, EVER**, and no criticism, sarcasm, harassment, intimidation, or feedback of any kind during or after the game.
3. Violators may be ejected and are subject to disciplinary action by the BAYS Sportsmanship Review Committee
4. If coaches would like to provide feedback to or about the referee, AFTER the game, log into the BAYS site and under MyBAYS should be an option to give "Game Feedback" with a form that goes directly to the home Ref Assignor and the Club President.
5. If spectators have questions regarding particular calls, rules, or a referee, or wish to give feedback regarding a referee, please contact the town soccer club referee assignor for the game in question.

Christianne Mager, Ref-Assignor@LexingtonUnited.org or (617) 642-0393



COVID Update & Safety Protocols

Stacey Hamilton

Past President, COVID Safety Officer



Safety Update

- COVID Safety Officer required by MYSA for all member clubs
- COVID Safety Officer specific [Role and Responsibilities](#)
 - Report any known COVID cases or quarantine situations immediately to the LUSC COVID Safety Officer and get their guidance, **PRIOR** to doing any team outreach or communications.
- Each LUSC team must also have COVID Coordinator
 - Must be a MYSA-cleared adult; can be an assistant coach
 - Communicates COVID-19 policies with team (TS, masks, hand sanitizer, distancing)
 - Manages attendance at all practices and games for the LUSC side
 - Monitors sidelines to ensure COVID-19 policies (physical distancing, masks) are being followed

COVID Safety Officer for LUSC:
Stacey Hamilton, LUSC Past President
safety@lexingtonunited.org or 617-817-7759 (cell)



Safety Update

Key Resources for Coaches:

1) LUSC COVID-19 page at www.lexingtonunitedsoccer.org

- Players and coaches must be in good health
- Players, coaches and spectators will limit contact
- Players, coaches and spectators will wear masks
- Safety practices continue post-session

2) Mass Youth Soccer [COVID-19 Hub](#)

NOTE: In-game rules changes are no longer in effect; traditional rules of play apply

3) Mass Youth Soccer [Coaches Toolkit](#)



Safety Update

Players and coaches must be in good health

- A player shall have no signs or symptoms of COVID-19 in the past 14 days and have not been exposed to someone that has been ill in 14 days.
- A parent or guardian must complete the TeamSnap Healthcheck prior to every practice, game or other soccer activity. Cannot participate until it is done. Require and remind!
 - **NOTE:** Travel Order has been downgraded to an Advisory as of 3/22
- If the player has any signs or symptoms of COVID-19 during any activity – PULL & SEND HOME IMMEDIATELY
- A negative COVID test for a player is NOT clearance to play if they have shown or experienced any signs or symptoms of COVID-19. The player must have a doctor's note if they have shown or experienced any signs or symptoms of COVID-19 and provide it to the Registrar in advance of their return.
- Parents must notify the team Coach and the LUSC COVID Safety Officer (safety@lexingtonunited.org) if their player has a known case of COVID, is exposed to a known case of COVID, or they are otherwise notified by any school or town health employee that they are subject to any type of COVID restriction on their activity.



Safety Update

Players, coaches and spectators will limit contact

- Players should not arrive more than 5 minutes before their session. There are 20 minutes between activities to allow for distanced arrival and dismissal.
- Carpooling discouraged but if it occurs, wear masks and keep windows open.
- Each player must have their own water bottle, snack if desired, face mask and personal hygiene products (hand sanitizer, facial tissues, etc). No sharing of any of these items.
- Each player needs a personal sideline space for breaks & gear, 6-8 ft back from others and the sideline. Help players get organized upon arrival.
- Parents and spectators should not enter the playing field at any time, and must always maintain 6 feet from all designated player personal spaces.
- **New Spring 2021:** Each player is now limited to TWO spectators, not just one, unless local rules more restrictive. Consult with opposing coach in advance if you are away.



Safety Update

Players, coaches and spectators will wear masks

- Players are required to wear face coverings and maintain distance when arriving and leaving any LUSC activity.
- Only face coverings that secure with loops around a player's ears are acceptable. Players may not use gaiters, tie-back masks, mesh masks, masks with valves or face shields, per MYSA.
- Face masks must be worn when a player steps onto the playing field. During play when spacing is greater than 6 feet from another player a "mask break" to catch their breath may be taken. The default expectation is that face coverings will be worn.
- Players must wear a face mask at all times on the sidelines or in any huddles except when 6 feet or more from anyone for a "mask break" to catch their breath, drink, or eat.
- Coaches, COVID Coordinators and spectators must wear a face covering AND maintain 6 feet of physical distance at all times.



Safety Update

Safety practices continue post-session

- Only Coaches handle cones & equipment – no help from players, parents, spectators.
- All waste/trash must be placed in trash receptacles by the respective player, coach, parent or spectator.
- Players and families should leave the training facility as soon as possible after the end of their training session. No recreational play, shooting on goal, or congregating on the sidelines or in the parking lots.
- Parents should be told to set up a separate time for a phone call, instead of approaching coaches before or after practices & games.



Baseline to Better

Brendan Donahue

Director of Coaching



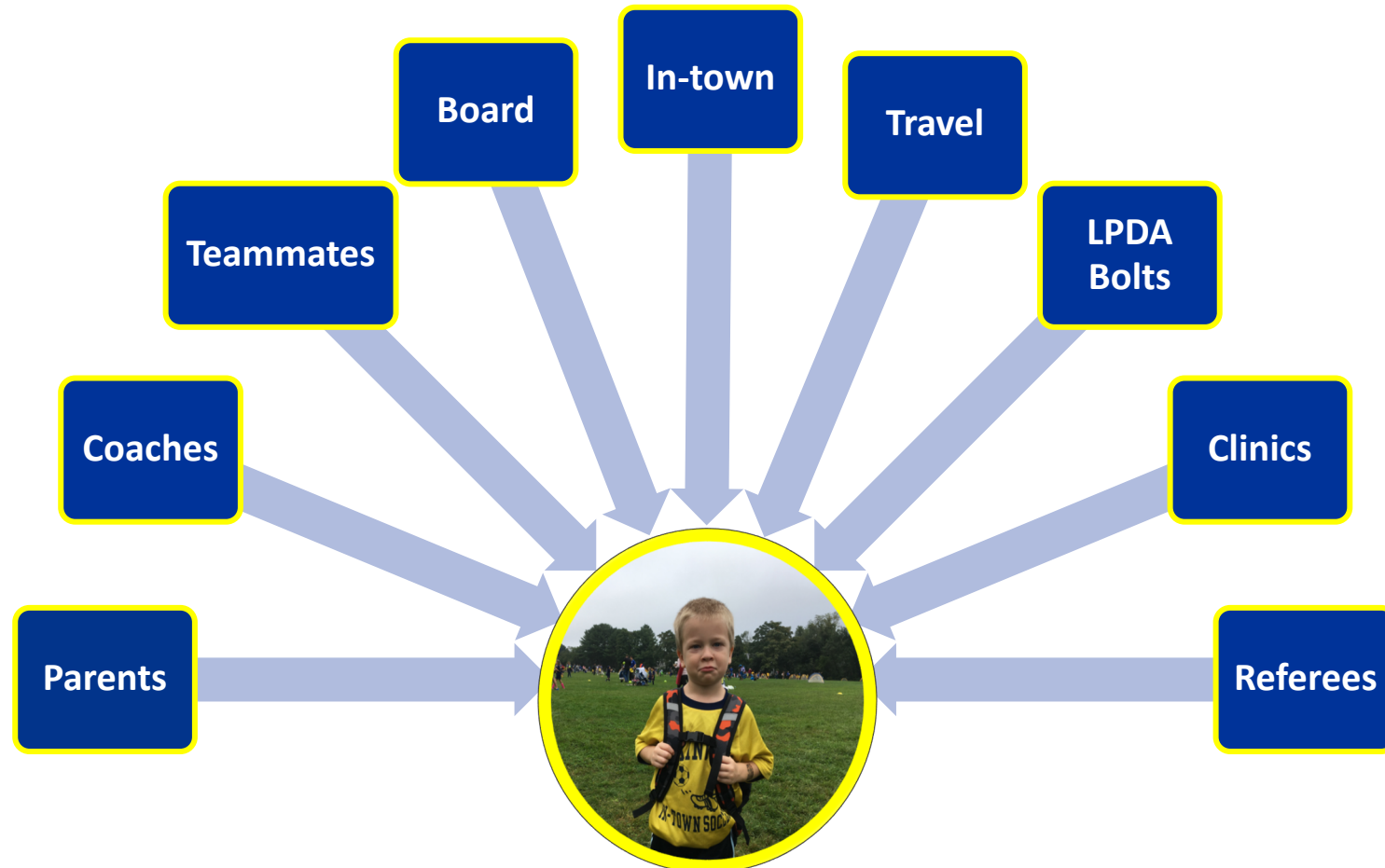
Opening Thought



Scientists and researchers have discovered more about the brain and how it learned in the last 20 years than they had in the previous 300.



Our Mission: Developing lifelong soccer players among Lexington youth



A Player Centered Approach



Be Process Driven, not Destination Driven



Enjoy the Journey!

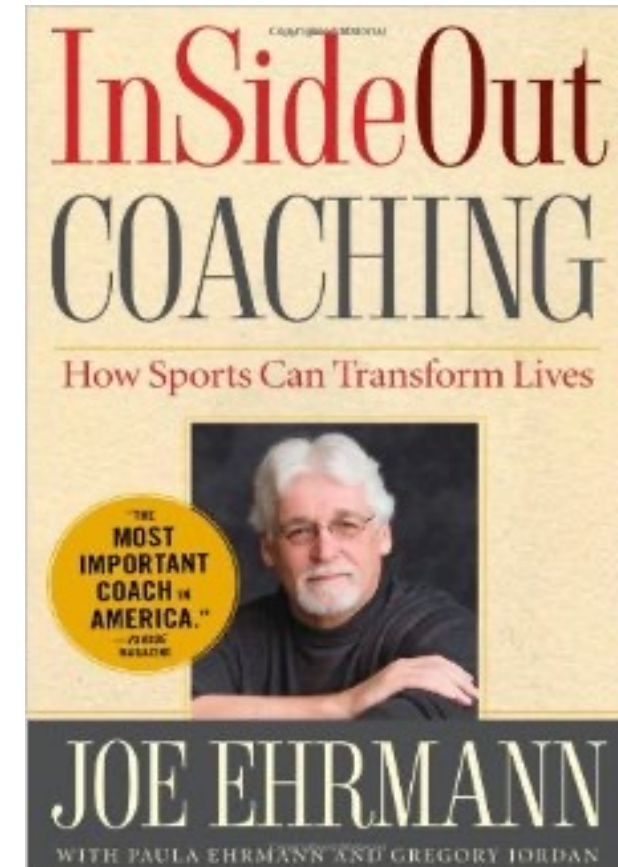


Transformational or Transactional?

Transformational - player focused and nurturing

Transactional - coach first, team second

“One of the great myths in America is that sports build character. They can and they should. Indeed, sports may be the perfect venue in which to build character. But sports don’t build character unless a coach possesses character and intentionally teaches it. Sports can team with ethics and character and spirituality; virtuous coaching can integrate the body with the heart, the mind, and the soul.”





Respect

1. Communicate your values
2. Create a culture of acceptance
3. Address inappropriate behavior immediately whenever possible
4. Reach out to Division Director and LUSC President
5. Learn and move forward





Zero Tolerance



- No one, except the players, is to speak to the referee during or after the game.
- Exceptions:
 - Coaches may ask questions before the game
 - Coaches may call for substitutions
 - Coaches may point out emergencies during the game
 - Coaches may respond to the referee if addressed



Baseline to Better

Understand the athlete before you today!

1. You begin with the baseline
2. You set the ideal (A vision for what it should like)
3. Then you bridge the gap

A baseline represents an athlete's current ability. It is your departure point.

*"I saw the angel in the marble
and carved until I set him free."
- Michelangelo*

Clear Coaching

Harness Clarity To
Drive Development

Todd Beane



Performance vs Learning

“Student performance while being taught is a poor indicator of lasting learning.”

Harry Fletcher Wood

- During training, athletes have not yet begun to forget; as soon as the session ends, that process begins, and forgetting is a tireless enemy.
- The key to durable learning is spacing practice out to allow memory decaying between iterations.
- There is almost nothing players can master in a single exposure.
- **Learning is a permanent change** in behavior or knowledge, **performance is a temporary fluctuation** in behavior or knowledge
- Ex. Cramming for a test

The major function of instruction is to allow learners to accumulate critical information in long term memory.

-Educational Psychology Review



Stretch and Support

Player Development
is Serious Fun



1. Play to a standard not a result
2. Coach decisions, not outcomes
3. Coach everybody
4. 75/25 Rule
5. Marginal gains



“If you can get 1% better each day for one year, you’ll end up thirty-seven times better by the time you’re done.”

James Clear, author of Atomic Habits



Be Efficient- Details Matter



"It is the little details that are vital. Little things make big things happen."

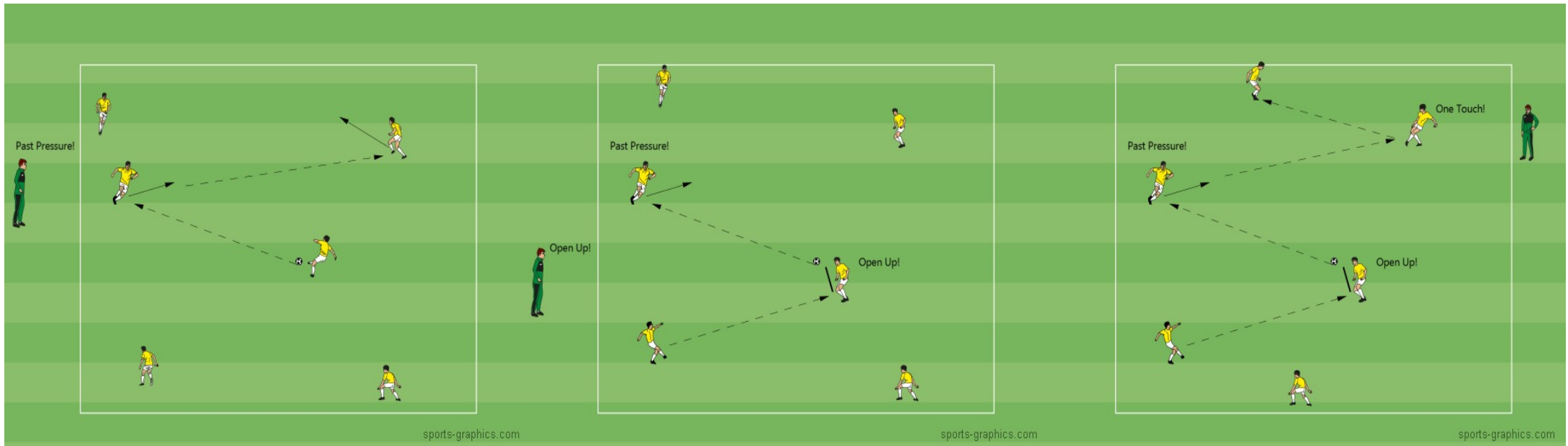
Discipline is better defined as teaching people the right way to do things. **This means for anything you do frequently, teach people the proper way to do it- or *how we do it*- and reinforce it or have them practice it until it becomes habit.** - Doug Lemov



Layering

- Training exercises should phase in complexity and learning in stages
- Introduces players to one idea, let them apply it, then add another
- Keep challenges at a level that engage the players, where they enjoy the learning, but avoid asking them to do too many things at once

The Game's the
greatest teacher?





Retrieval

The Game

Focus on Performance not outcomes

Two questions to consider

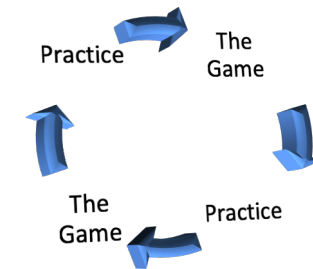
1. What has taken place?
2. What do we need to work on?

Team Practice Goals

- Improve overall performance through extended directional play
- Set Priorities!



The Loop



Pro Practice Goals

- Long Term Development
- Establish Age-Appropriate Foundational Skills
- 3 Week Block Curriculum

The science of memory suggests that what appears to be improvements after a week of training are likely to fade quickly unless athletes retrieve and apply the concepts involved periodically over the coming weeks. Match driven week to week planning is insufficient for long term development.



Coaching Roles

Head Coach

- Final Decision Maker
- Responsible for Communication to Team/Families
- Lead Training or Delegate
- Game Management

Assistant Coach

- Sounding board for HC
- Provide HC honest feedback
- Support HC decisions (unified voice)
- Ghost Coach (Advanced)

Game Day

- Establish Pre-Game Roles
- Substitutions & Rotations
- In Game Roles





Feedback

When do athletes receive it?

- During Training
- During a Match
- During a Stoppage
- During the Run of Play
- At the Half
- On the Way to the Game
- On the Way Home from the Game

Constantly!

How to Improve the Feedback we give

1. Keep it Focused-Single Topic
2. Economical Language-Use Crisp and Efficient words
3. Focus on what to do, not what not to do (ex. "be patient" vs. "don't dive in")
4. Fast Feedback- How quickly can they apply it?

Key Considerations

- *What we do constantly, we often do with the least reflection*
- *Description of the problem and desired outcomes are often true, but useless. Feedback needs to help the players bridge the gap*
- *Slowing down the flow of feedback can actually speed up the rate at which an athlete learns*



Coach's Controllables

Shape

Size & Dimension

sports-graphics.com

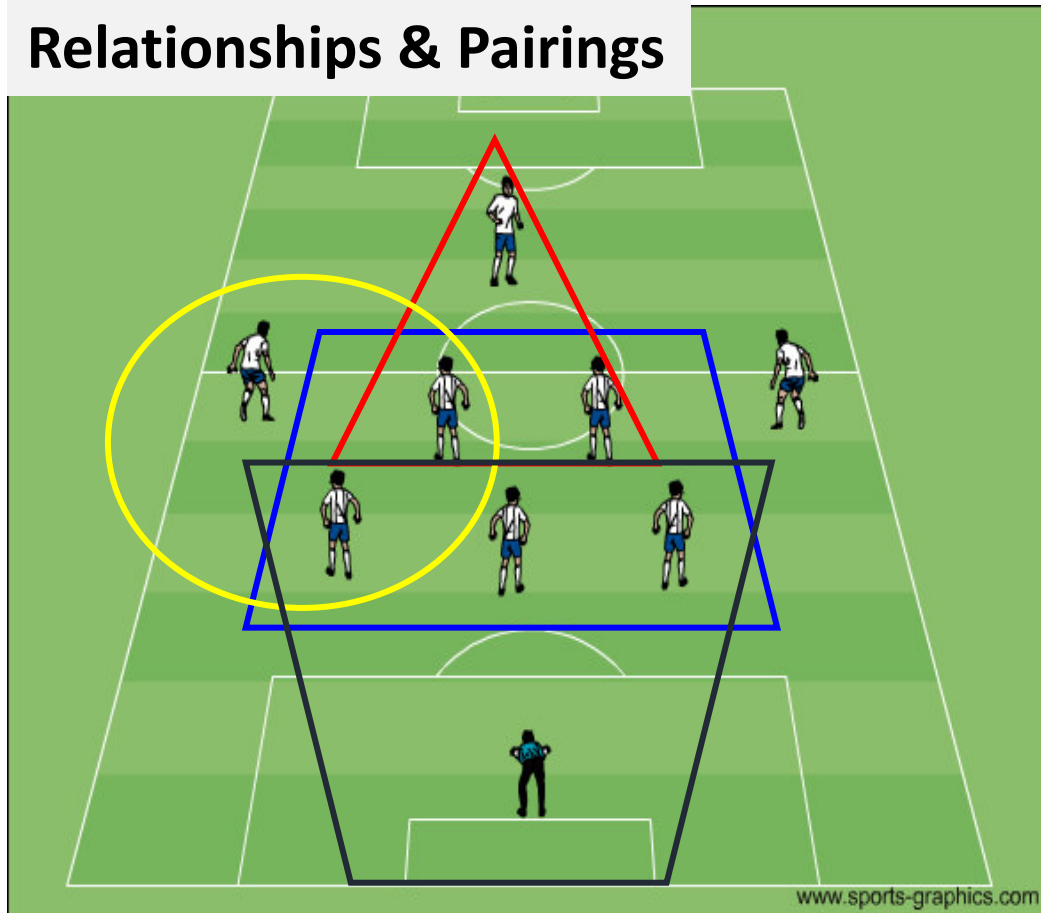
Numbers

sports-graphics.com



Coach's Controllables

Relationships & Pairings



Restrictions

Ex. Dick Bate

- One touch if you can
- Two Touch if you have to
- Three touch if you MUST





Perception



"The best players in this game watch the game, whereas the not so good players watch the ball."

Geir Jorde-Sport Scientist

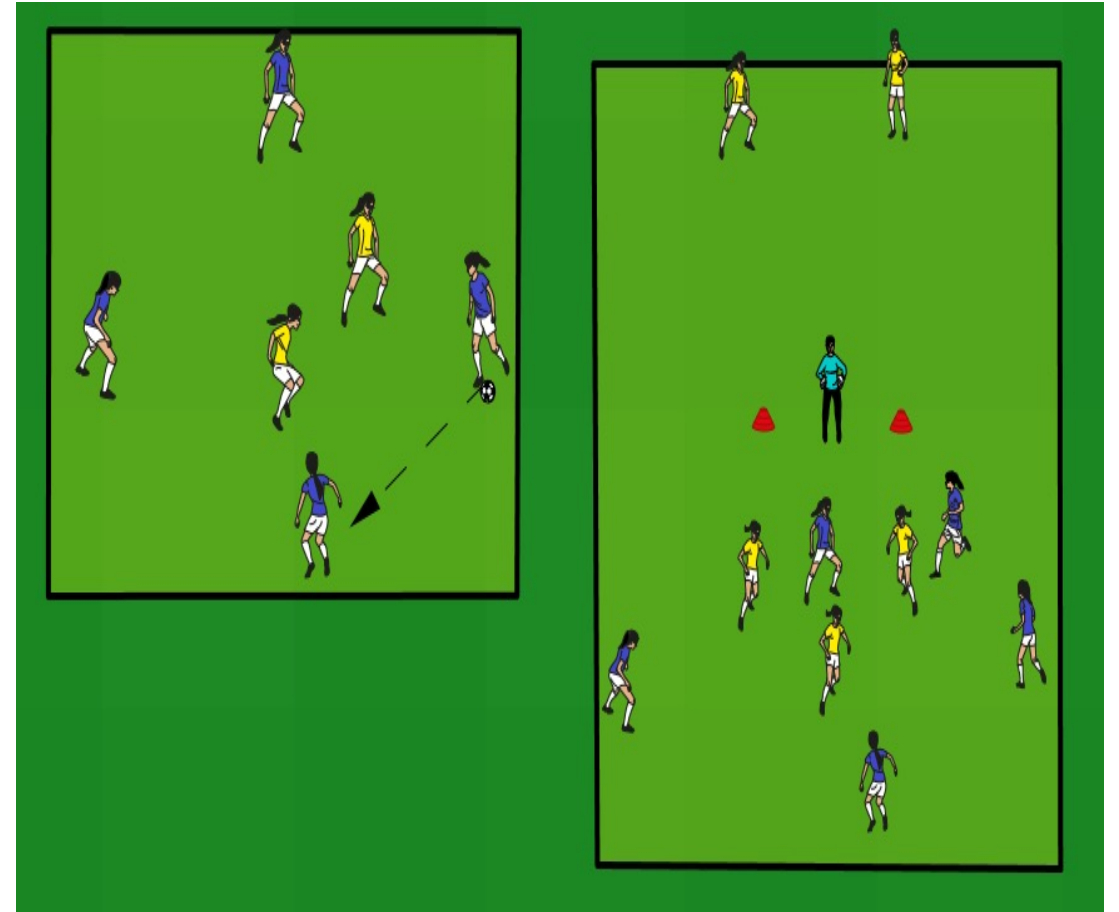
Xavi took 0.83! 50 snapshots per minute



How to Build Perception

During Training

- Freeze or Pause Method
- Variety of Exercises
 - ~~Line Passing~~
 - Rondos
 - Game Based Activities
 - Tactical Activities
- Pose Question
- Observation tasks (keeps resting players engaged)





How to Build Perception

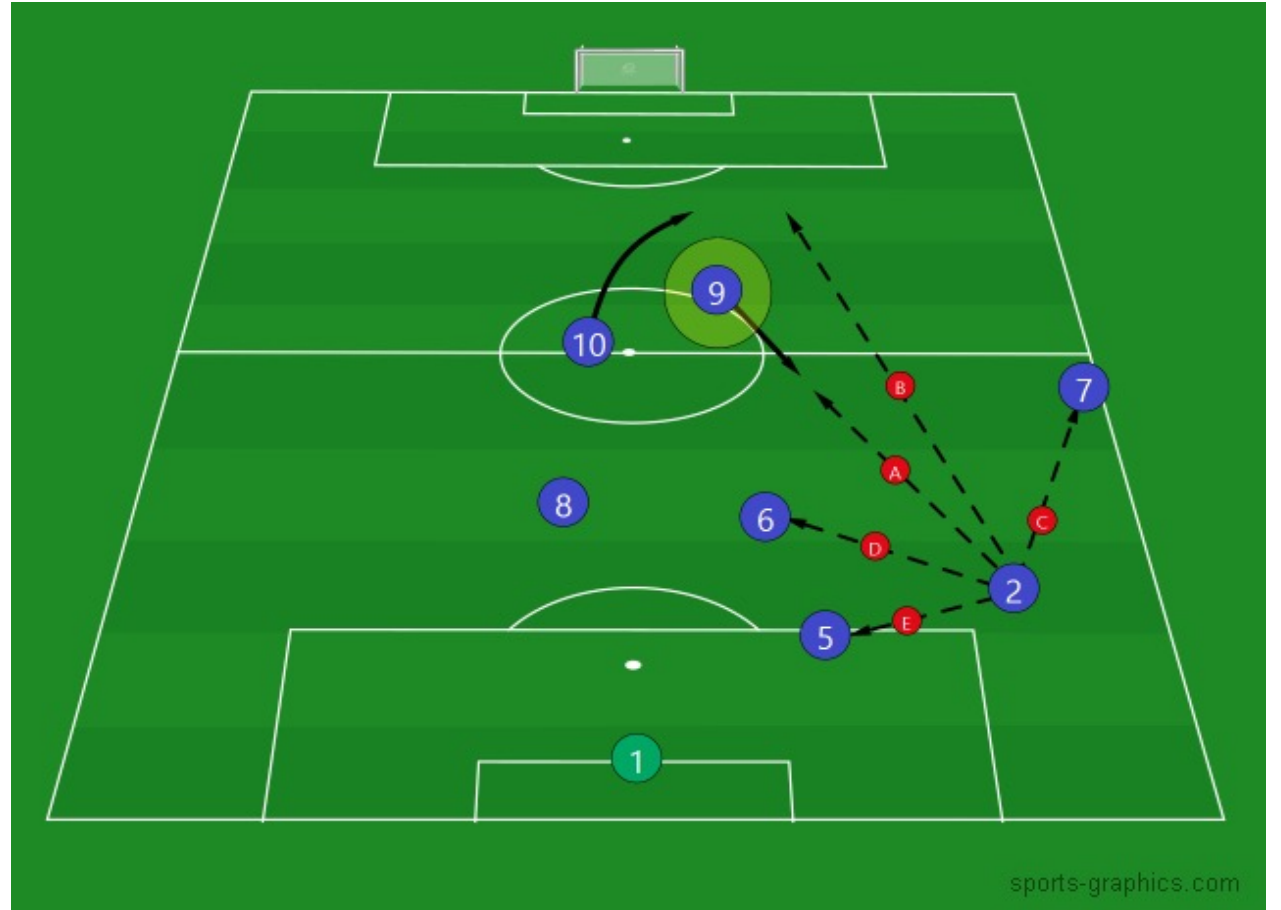
Key question to consider:

Did the player choose the wrong option?

Or

Did the player not know what options existed?

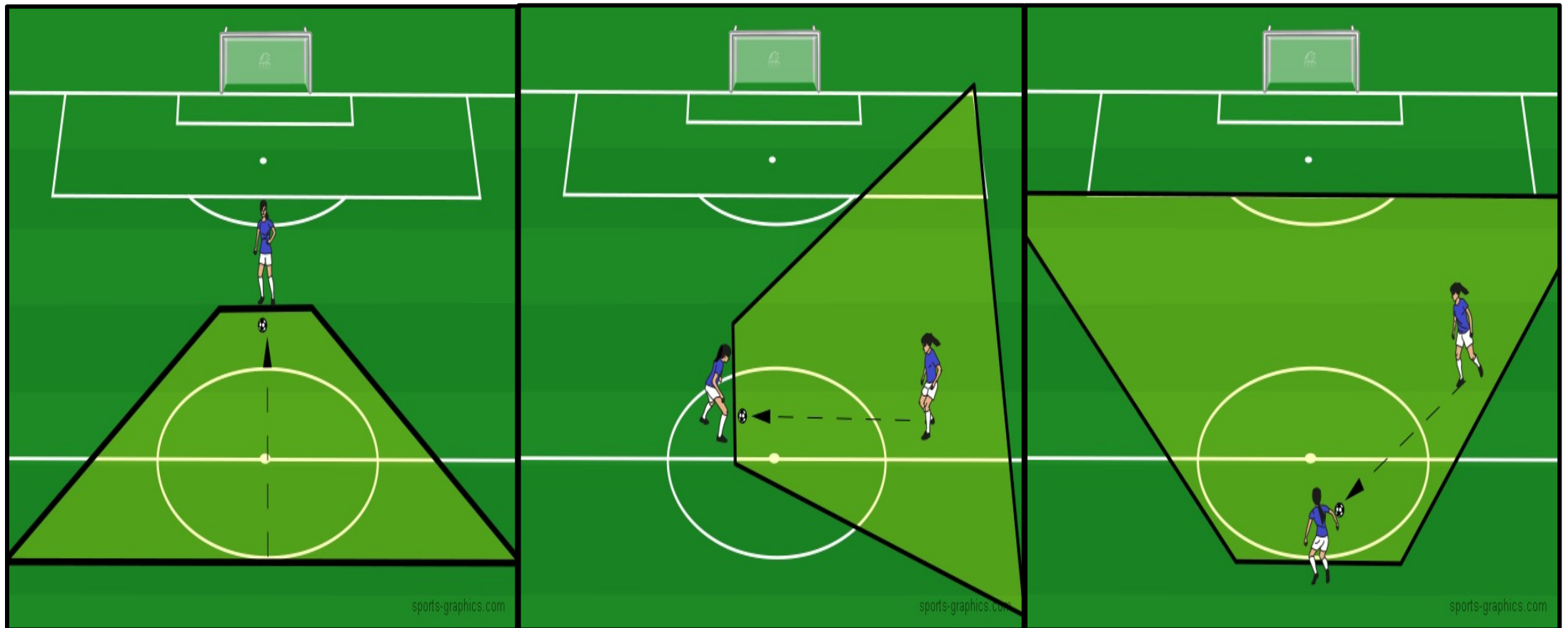
Cruyff advice- Look for the deepest option and then scan what's underneath





Improve Body Positioning

RJ Study- 58% of the time a Spanish player receives the ball facing forward, Croatia 38%. 32% of the time a Spanish player receives the ball in the direction where it came from, 63% of the time a Croatian player does so.





Developing lifelong soccer players among Lexington youth

Excerpt from Blog on Support:

When a parent registers their child for youth sports, one of the strongest aspirations of their participation is to develop life skills. **It's hard to imagine a more necessary life skill to teach than being a great teammate.** Playing a team sport is complex, but its wonderful preparation for the complexity of the world they'll be joining when a parent's (and coach's) support takes on a more observatory role. **Restrictions are limiting, support is foundational.** Let's support our players to become better teammates and **provide them the space to make decisions, fail, and learn from the failure and to grow.**



A group of soccer coaches and players posing in front of a goal. The image is overlaid with a blue tint. The text is white and centered over the image. The background shows a soccer field with a goal and a net. A warning sign on the goal reads "WARNING! DO NOT CLIMB".

Coaching Education Opportunities

Positional Demands
Sunday March 28th
7:00 to 8:30pm

An Introduction to Coaching
Sunday April 11th
7:00 to 8:30pm



Q&A

Thank You



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